



# CHICKEN WITH GARLIC CHARD RICE

*apricot pan sauce & roasted almonds*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
750

**MENU**  
GLUTEN-FREE

Tonight's pan sauce has extra-savory notes thanks to a secret ingredient: *fond*. These flavorful browned bits are what's left in the pan after searing your chicken. Here, you'll deglaze them with apricot jam, chicken stock, and a knob of butter—plus chili flakes for a touch of heat. (Be sure to scrape the bottom of the pan with your spatula as you add each ingredient to release every last bit!) The luscious elixir is spooned over the chicken cutlets for a satisfying touch of fruity richness. Alongside, there's fluffy rice tossed with sautéed swiss chard and garlic—two sides in one! Everything is scattered with roasted almonds for a delicious crunch (*and* a sneaky extra bit of protein).

## INGREDIENTS (9 ITEMS)

- ½ cup **Jasmine rice**
- 2 whole **Chicken stock concentrates**
- ¼ oz **Garlic**
- 2¾ oz **Green chard**
- ½ oz **Roasted almonds** T
- 2 (5 oz) **Chicken cutlets\***
- ½ tsp **Italian seasoning**
- 2½ oz **Apricot jam**
- ½ tsp **Crushed red pepper flakes**

## WHAT YOU'LL NEED

- small pot with lid
- medium & large sauté pans
- measuring cup & spoons
- thermometer
- cooking oil
- 1 tbsp butter M
- salt & pepper

## ALLERGENS

- T TREE NUTS (almonds)
- M MILK

**COOKING FOR 4** If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validated**  
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 START RICE

- Bring **jasmine rice**, 1 cup water, half of the **chicken stock concentrates**, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 6.)

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 PREP

- Mince **garlic**.
- Remove and discard any thick center stems from **green chard\***. Roughly chop leaves into bite-size pieces.
- Roughly chop **roasted almonds**.

\*The ingredient you received may be a different color.

## 3 SEASON & COOK CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **Italian seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **chicken** to hot pan. Cook 4-6 minutes on each side, or until chicken is fully cooked.
- Transfer **chicken** to a cutting board.

## 4 SAUTÉ GARLIC & CHARD

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **garlic** and **chard** to pan. Cook 2-3 minutes, or until garlic is fragrant. Remove from heat.

## 5 MAKE SAUCE

- Return pan used for chicken to stovetop over medium heat. Add **apricot jam**, remaining **stock concentrates**, **crushed red pepper flakes\*** to taste, and about ¼ cup water. Bring to a simmer and cook 2-3 minutes, or until slightly reduced.
- Stir in 1 tablespoon butter until melted. Season with salt and pepper to taste.

\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.

## 6 FINISH RICE

- Add **rice** to pan with **veggies**. Stir to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Cut **chicken** into 5-7 slices each.
- Divide **garlic chard rice** between plates. Shingle **chicken** over top. Spoon **apricot pan sauce** over chicken. Garnish with **almonds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (325g)

Amount per serving

**Calories** 750

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 35g          | 45%            |
| Saturated Fat 8g              | 40%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 155mg      | 52%            |
| <b>Sodium</b> 640mg           | 28%            |
| <b>Total Carbohydrate</b> 67g | 24%            |
| Dietary Fiber 2g              | 7%             |
| Total Sugars 17g              |                |
| Includes 16g Added Sugars     | 32%            |
| <b>Protein</b> 49g            |                |
| Vitamin D 2mcg                | 10%            |
| Calcium 110mg                 | 8%             |
| Iron 3mg                      | 15%            |
| Potassium 956mg               | 20%            |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Chicken Cutlets** [chicken], **Apricot Jam** [organic apricots, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid], **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Jasmine Rice** [jasmine rice], **Green Chard**, **Garlic**, **Almonds** [almonds], **Crushed Red Pepper Flakes**

### Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.